

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1 - 25. (cancelled)

Claim 26. (currently amended) A method of exercise for a person's
2 abdominals or related muscles comprising:

lying on one's back ~~laying~~ on a substantially flat surface facing up,

4 gripping handles positioned above the person's head, said handles being

~~mounted on a stationary~~ suspended from an inverted frame, said

6 handles further being capable of sliding along said frame to produce

front-to-back, side-to-side, diagonal, ~~circular, or semi-circular~~

8 rotational motion about an axis that is parallel to the user's body when

lying underneath said hand-gripping member during an exercise, or a

10 combination thereof, and

repeatedly sliding said handles along said frame thereby moving the upper

12 body according to a pattern comprising front-to-back, side-to-side,

diagonal, ~~circular, or semi-circular~~ rotational motion about an axis

14 that is parallel to the user's body when lying underneath said hand-

gripping member during an exercise, or a combination thereof ~~while~~
~~keeping the arms extended~~ to effectuate abdominal crunches or related
muscular exercises.

Claim 27. (original) The method of Claim 26 wherein the arms are kept
extended at substantially the same length while exercising.

Claim 28. (original) The method of Claim 26 wherein said motion of said
gripping handles is substantially confined to a plane parallel to said surface.

Claim 29. (cancelled)